

Healthy Orange Roughy Recipes Under 30 Minutes



If you're on the lookout for quick, delicious, and healthy seafood dinners, [orange roughy for sale](#) might just become your new favourite go-to fish. With its mild, slightly sweet flavour and flaky texture, it's incredibly versatile and easy to prepare—even on the busiest weeknights. Whether you're trying to eat clean or just looking for fresh inspiration in the kitchen, here are a few healthy orange roughy recipes under 30 minutes that'll keep your taste buds and your schedule happy.

1. Lemon Herb Baked Orange Roughy

Prep Time: 10 mins

Cook Time: 15 mins

This recipe is simplicity at its best. Preheat your oven to 375°F (190°C). Place your fresh orange roughy fillets on a baking dish lined with parchment paper. Drizzle with olive oil, squeeze fresh lemon juice over the fillets, and sprinkle with minced garlic, thyme, parsley, salt, and pepper. Bake for 15 minutes or until the fish flakes easily with a fork.

Why it's healthy: It uses heart-healthy olive oil and herbs instead of heavy sauces or butter. Serve with steamed broccoli and quinoa for a balanced plate.

2. Orange Roughy with Mango Salsa

Prep Time: 10 mins

Cook Time: 10 mins

Pan-sear your fillets in a nonstick skillet with just a touch of olive oil—about 4 minutes per side. While the fish cooks, mix up a quick mango salsa: diced mango, red onion, jalapeño, cilantro, and lime juice. Spoon the salsa over the cooked fish and enjoy a tropical, vitamin-packed meal.

Pro tip: The natural sweetness of mango complements the mild fish perfectly. Add a side of brown rice or a simple mixed greens salad for a light dinner that feels like vacation food.

3. Garlic Paprika Orange Roughy

Prep Time: 5 mins

Cook Time: 10 mins

Rub the fillets with minced garlic, smoked paprika, lemon zest, and a pinch of sea salt. Sauté in a hot pan with olive oil or avocado oil until golden and flaky. This version is ideal for those who like bold flavours without the extra calories.

Why it works: Paprika gives it a slightly smoky kick, while the lemon zest keeps it fresh. Add some sautéed spinach or roasted sweet potato wedges on the side.

These quick and healthy recipes are ideal for weeknight dinners, meal prepping, or impressing guests without spending hours in the kitchen. Just make sure you're starting with quality ingredients—fresh orange roughy for sale from reputable sources ensures the best taste and nutrition.

And if you're feeling adventurous, consider expanding your seafood palette. In addition to orange roughy, there are plenty of other delicious seafood options like [sand crabs for sale](#) or even [monkfish for sale](#) at specialty seafood markets. Trying different types of seafood keeps things exciting and allows you to explore a wide range of nutrients and flavours.

Final Thoughts

Cooking healthy meals doesn't have to mean sacrificing flavour or time. With orange roughy, you can whip up restaurant-worthy dishes in under 30 minutes using simple, wholesome

ingredients. Whether baked, pan-seared, or grilled, these recipes are proof that fast food can still be good for you.

So next time you're meal planning or browsing for **orange roughy for sale**, keep these recipes in mind—they just might become your new weeknight staples.